# Escalating Stress: Coping with Heightened Pressures in 2014.

thelifeofmine3.wordpress.com/2022/03/05/stress-even-more-2014/

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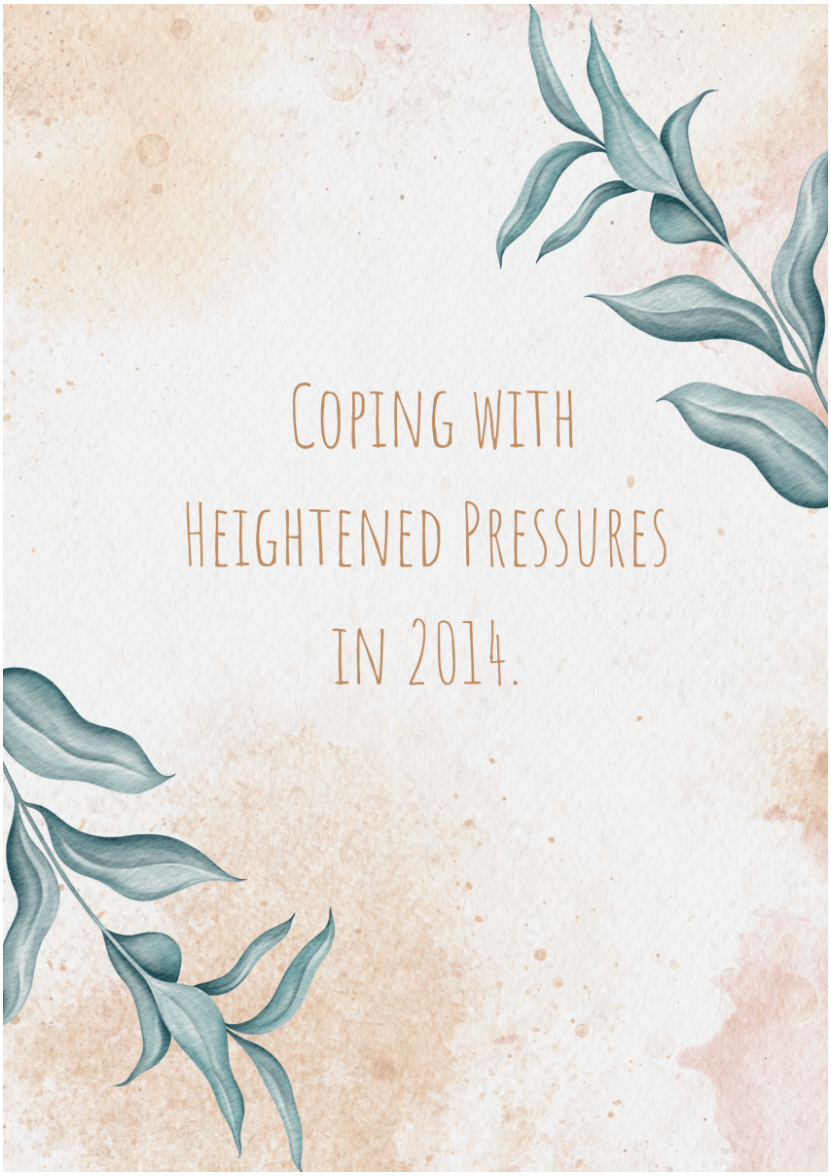


On February 11, 2014, I questioned God about why he gave people the title of friends and placed them in my life, emphasizing their significance. I felt a deep sadness because I didn't have anyone, not even my three closest friends. At the same time, I didn't want anyone else to take their place. Their presence and priority in my life mattered to me, whether they were physically with me or not. I believed that I was benefiting their lives in some way. After finishing school, I made a resolution not to return to my old self. I tried everything to distance myself from them. However, I knew that if I were to see their faces, any negative feelings I had towards them would disappear, and I couldn't bring myself to hate them face to face. Their hurtful words had become unbearable and caused me great pain.

Writing everything down and expressing my feelings to God in my personal notes provided me with some relief. I convinced myself that I wasn't bound to them by family or blood ties, and that they should try to understand my struggles and hardships. Without them, friendship felt superficial and temporary. I pleaded with God to show me how they were reacting to me. I just wanted to get back at them for what they had done to me. Even my parents seemed insincere to me. They made a big deal out of a small misunderstanding, but I wasn't bothered by it because it was their life and their decision. Dealing with my parents' issues was not a concern for me at that age.

After a few days, Prici unexpectedly told me that her other friends were important to her, and their tears held value. It felt like she was throwing cheap words at me. I wondered who I even was to her at that point. It seemed like she didn't know anything about me.

I had similar feelings about Sai and Pradeep. They claimed that I used to be in front of them, forcing them to interact and speak with me.

I asked God why I held them in such high regard when they couldn’t even acknowledge me as a friend. I felt insignificant and wished for a life free from their presence. I didn’t want to be around them or even my parents. I longed to be alone, away from school, home, and everything else. I felt like I had no one and was overwhelmed with stress.